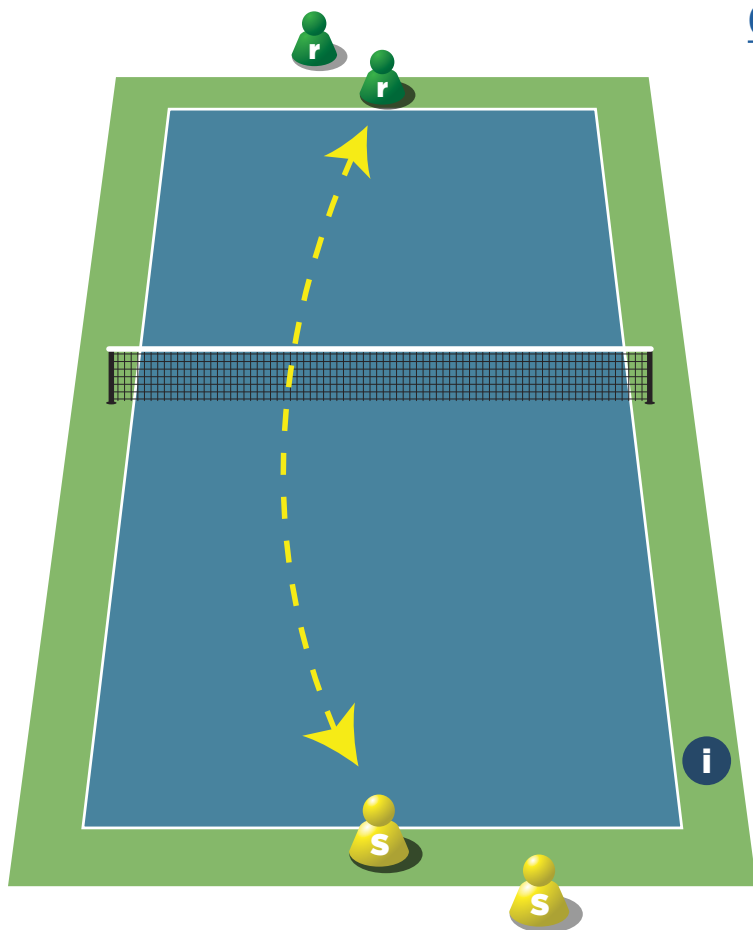


# I CAN START A POINT \_\_\_\_\_ Practice Activity - 15



## Overhead Serve & Return Teams

### TACTIC:

Starting the point with consistency.

### ACTIVITY:

Players in teams. **Team 1 serving. Team 2 returning.** Each player in team 1 gets two attempts (first and second serve) to strike the ball anywhere inside the service box. If the attempt is successful team 1 wins 1 point. If the player misses both attempts team 2 wins 1 point (double fault).

On the other side of the net, each player from team 2 attempts to return the serve back anywhere inside the court. If the attempt is successful team 2 wins 1 point, if the attempt is unsuccessful team 1 wins 1 point.

First team to 10 points wins. Teams switch roles after each game.

**Note:** This activity can be done in pairs if more courts are available or with less number of players.

### Fundamental Teaching Points:

Ensure players are:

1. Set up in a **trophy position** when serving.
  2. **Impact the ball** in front of leading foot with strings facing target when serving.
  3. **Impact the ball at waist height, out in front and comfortable distance from the body** when returning
- Understand serve and return court positioning.

### LESS CHALLENGING:

1. Allow players to start closer to the net.
2. Allow returners to self rally.

### MORE CHALLENGING:

1. Allow players to serve to a smaller area (BH or FH side of the service box).
2. Encourage player to return to FH or BH side.
3. Allow players to serve diagonally.